

Exes Taylor Swift and Harry Styles Avoid Each Other at NRJ Awards



By Jessica

Conigliaro

Now that Taylor Swift and Harry Styles have broken up, they seem to be avoiding each other in every way possible. An insider from [UsMagazine.com](https://www.usmagazine.com) reveals that the British singer had “said something he shouldn’t have ... This [breakup] is definitely going to be for good.” Sources said that the two celebrities kept their distance at the NRJ Awards in France, and carefully scheduled their red carpet appearances so they wouldn’t bump into one another.

How do you remain civil with your ex after a rough breakup?

Cupid’s Advice:

Being in the same room as your ex can be an awkward situation. Keeping your distance from them is often a struggle, especially if you have mutual friends. Here are a few tips on ways to stay on good terms with your ex:

1. Set boundaries: Once your relationship has ended, keeping your ex in your life means adjusting the way you hang out with them for now on. For instance, going to the movies alone with them may not be the smartest idea; both of you will begin to feel like you are dating again, which may bring up old arguments. Try to hang out with each other in big groups to avoid rehashing old wounds.

2. Establish comfortable conversation topics: When talking to your ex, try to avoid mentioning any new relationships you are getting involved in. They probably don't want to know about it, and would get offended that you brought it up to them. Try talking about things you have in common; if you know for a fact you both enjoy action movies, bring that up in the next conversation you have with them.

3. Don't fall into old habits: Although it may seem easy to rely on your ex for emotional support, it is not a good idea. This may lead to a feeling of comfort, making you question why the breakup even occurred. For now on, if you're having a bad day, you can't call them up to make you feel better; call another friend instead. Avoid romantic encounters at all times, including innocent kisses on the cheek and hands. Any type of affection towards one another could end up damaging the friendship.

How were you able to stay close with your ex after a rough breakup? Share your thoughts below.

The Bachelor 17, Episode 4: Deception of Love



By Jared Sais

For this week's analysis of [The Bachelor](#), I focus on identifying lies and true feelings rather than my top picks for Sean. Read on to see if you agree with my assessments of Selma, Tierra, Amanda, Sarah and Leslie H.

Selma

Throughout her one-on-one date with Sean, Selma was incredibly close to the bachelor: they locked their hands together and wrapped their arms around each other. She was literally draping herself over him. Proxemics, or the study of space, indicates closeness, and there was definitely a strong attraction between these two.

When Sean asked her if she was okay with rock climbing, Selma replied, "Alright." But based on her non-verbal cues, she was

thinking, "Heck no!" First, her pitch and tone went down to almost a whisper, a sign of extreme fear and anxiety. Second, her body revealed the truth: as she was replying, she shook her head "no."

Additionally, the phrase "alright" is a way to say no. It's the same as "sure," which is not a decisive yes and more of an "I don't know." If you ever say something to your loved ones, and they respond with an "alright" or "sure," they aren't completely on board with whatever you asked. They might even go back on their word later.

As for Sean and Selma's date night...no kiss? No problem! Ladies, I'm going to share a little secret with you: if you hold back and your man gets mad and calls things off, he's not worth dating. If he really likes you, holding back will actually make him subconsciously try even harder to get what he didn't originally receive. In this case, I know for a fact Sean will give Selma a rose. And boom, I typed it, and it happened. Men want what they can't have. Psychology wins once again.

Related Link: [The Bachelor 17, Episode 3: The Good, The Bad and The Ugly](#)

Tierra

Let's talk about the non-verbal cues associated with real and fake tears. During real tears, the inner eye brows will go up towards the forehead; a bulge will be created in the middle of the eyebrows; and the corners of your lips will curl down. Your chin might also dimple. Of course, there are usually tears, and your nose may drip (tears don't only drain through your eyes; they also come from your nose). Additionally, there is a lack of eye contact and a dazed look.

It's easy to fake the bulge in between your eyebrows; it's easy to fake the lowering of your corner lips; and it's easy to fake the chin dimple. It's a bit harder to fake the inner

brows rising towards your forehead, and it's really hard to fake tears and a runny nose. It's also really hard to get your eyes to look as they do when you're truly upset. But what is almost impossible to do is all of these actions at once. It takes a ton of practice to get it right, and Tierra just doesn't have that much skill.

So are Tierra's tears real or fake? 100 percent fake. The giveaway is her smirk at the end.

Amanda

Amanda's nail biting may just be a habit, but it's also a sign of anxiety. So when she said that she had done roller derby before, I could easily tell she was lying – even though her words were very confident. One of the main ways to tell if someone is lying is by identifying deviations within his or her story. Similar to Selma, Amanda lied with a deviation between her non-verbal behavior and her verbal communication.

As a side note, I liked that Amanda actually confessed and told the truth about playing the sympathy card.

Sarah

Sarah shrugged when she said she was "so happy." Shrugging is a non-verbal cue that indicates that you don't mean exactly what you're saying, which is different from lying. If I said that I loved a movie but shrugged, I may have hated the movie, but I could've just liked it as well.

Related Link: [The Bachelor 17, Episode 2: Love or Lies?](#)

Leslie H.

Did you notice the tears in her eyes? Sure, she was upset, but it wasn't all sadness. The majority of what she felt was anger. That's right, she had all the signs of being pissed off, including pinching her lips and licking her front teeth. I bet her hands were making fists because she was furious.

There was no hiding how she felt.

Conclusion

The information in this article can be used to counter the lies that people tell us everyday. In the game of love, people are very good at making us feel loved or special. Some people, though, try to manipulate our emotions and make us feel how they want us to feel (like Tierra with her fake crying). So remember this as you search for love: it's not about finding just any guy or girl; it's about finding a quality person who is worthy of your affection. These tips will help you read others and figure out if they truly love you or are just deceiving you.

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

Find Out How Miley Cyrus Ranks Husband-to-Be Liam Hemsworth





By Jessica

Conigliaro

Miley Cyrus holds her relationship with fiancé Liam Hemsworth very close to her heart. She has found the person she wants to spend the rest of her life with, and is now happier than ever. [People](#) reports her saying, “Number one is my relationship with Liam. That’s what I feel the most confident in.”

What are some signs that your partner is “the one”?

Cupid's Advice:

In order for a relationship to last, you need to fully understand the person you are with and what their expectations are. Knowing you have met the right person can be tricky to figure out. Here are some things to pay attention to when deciding if you found the person for you:

1. You deal with conflict well: Arguments in relationships are unavoidable. How you act toward each other during disputes can give out signs to you, either good or bad; if you are expressing how you feel without being purposely disrespectful to your partner, the relationship is in good standing. Apologizing during arguments when stepping out of line, and learning from every fight can strengthen your connection with one another. However, if you and your significant other pick

fights in order to hurt each other's feelings, this could mean that things aren't going so well.

2. Similar life goals: It is important to want the same things out of life as your partner does. For instance, if you want to get married and have kids one day, and the person your dating hates kids, you probably have not found the person for you. Choose to be with someone who has aspirations that match your own. This will give you a better shot at getting the lifestyle you have always dreamed of (with the right person to share it with).

3. Know what makes them happy: When you get upset, you should be able to rely on your partner to make you feel better. If they know just what to say or do to uplift your mood, you have met someone who should stick around in your life. In return, you should be able to make them feel better as well. If either of you struggles to cheer one another up, you might not have found your perfect match. Find someone who understands what you want and need.

When did you realize you found "the one?" Share your thoughts below.

Dick Van Dyke Opens Up About His New Wife





By Jessica

Conigliaro

For Dick Van Dyke, the Screen Actors Guild Awards (SAG) was a night of celebration for many reasons. According to [People](#), he received the Life Achievement Award, and coincidentally returned to the same event where he met his wife Arlene during the 2006 SAG ceremony. Although half his age, the two are happily married with Van Dyke gushing in a recent interview on [RumorFix.com](#), “I found the perfect one.”

How do you know if your partner likes you for you?

Cupid’s Advice:

Finding someone that loves and respects you unconditionally can be a challenge. When there are differences such as age, money or social status it can often leave you (or others) questioning the sincerity of the relationship. Here is some helpful advice on how to tell if your partner likes you for you:

1. Listening and attention: Knowing if someone is actually interested in you has a lot to do with body language; do they look you in the eyes when you talk, or is their attention somewhere else? If they are giving you their undivided attention, and taking the time to ask questions about who you

are, that is definitely a good sign. However, if you feel that your partner only talks or thinks about their own needs and desires, you should remain cautious and keep watch over their behavior.

2. Respect for your needs: A major factor in healthy relationships is respect. If your partner interrupts you every time you talk, ignores you when you're out with friends, or puts more attention on himself than you, this could be a warning sign of someone who isn't with you for you. In a relationship, your significant other should be boosting about you in public or social situations.

3. Compliments and affection: It is often a difficult process to get guys to tell us how they feel. However, when someone is truly interested in you, they can't help but express their emotions. This can be done as simply as them saying that you look beautiful or that you made a wonderful meal. If your partner has introduced you to friends and family, that is another sign that they are sincere about having you in their life.

What are some signs you look for when dating someone new? Share your thoughts below.

**'Biggest Loser' Stars
Stephanie Anderson and Sam
Poueu Are Expecting**



By Meghan Fitzgerald

Stephanie Anderson and Sam Poueu, *Biggest Loser* alums, recently discovered that they are expecting a child in July! After nine months of marriage, they are ready to start a family. According to UsMagazine.com, Poueu fell 54 feet from a fire escape in September of 2011. *Reality TV World* reports that Anderson nursed Poueu back to health and couldn't be more in love than they are now.

What are some ways you can stay healthy as a family?

Cupid's Advice:

Staying healthy as a family is key for communication and an eternal bond. It is not always easy to mold your family into one all-knowing machine however, so Cupid has some advice:

1. Family meetings: Every Sunday at the dinner table is perfect for family meetings. In these family meetings, it is essential to talk about upcoming events, discuss any controversies, talk about problems. Getting out all your feelings at the dinner table is sometimes stressful because

you're all together however, in the end you'll realize how much your family means to you and how much you love them.

2. Exercise: Family exercise is great. You get to work out with your favorite siblings, or your favorite parent. You get to bond with them by using your endurance and soldiering on together. Also, exercising with your family gives you motivation to do better than them. It gives you a little push to go a step higher and succeed more!

3. Fruits and vegetables: Healthy foods assist in maintaining a healthy family. It is necessary to fuel your body with nutrients and vitamins so your emotions don't flare, so you don't get sick, so you stay healthy. Fruits and vegetables all-around are perfect for a healthy family.

Do you maintain a healthy family? Share below!

Michelle Kwan Says She 'Shed So Many Tears' On her Wedding Day





By Meghan Fitzgerald

Michelle Kwan walked down the aisle dressed head to toe in a flowing ivory Vera Wang dress, approaching the love of her life, Clay Pell. Most brides express emotions on their wedding day, however, and according to [People](#), Kwan shed “so many tears.” With all of her closest friends and family, Kwan was hit with emotions like a hurricane. The [Providence Journal](#) reported that after the ceremony, family and friends gathered together with sparklers as the new couple walked out of the church.

How do you support your nervous bride on your wedding day?

Cupid’s Advice:

Cold feet on a wedding day is a common. Brides and grooms tend to bunch up their emotions and have a mini breakdown. The great thing here is that family and friends are willing to help with ‘said’ wedding-jitters. Here are some other ways to subdue the jitters:

1. Glass of wine: Sit your bride down and give her a glass of wine. If the bride asks for another glass, be careful. You don’t want a burgundy colored dress, or a drunk bride stumbling down the aisle.

2. Wedding playlist: Organize a playlist with the bride's favorite songs. Include some mellow classic jazz, such as Louis Armstrong or Duke Ellington. You should include a few upbeat songs, too, so the [bride](#) gets excited for her wedding. Make her feel comfortable with the sounds of music.

3. Pep talk: Gather up your best pep-talker in the group. The person who can cheer up anyone's day, or the person who always knows what to say is your best choice. Inform this person about the bride's jitters and send them in there to shut them down! Make sure the pep-er explains to the bride how much the groom loves her, and how much her family and friends [love](#) her. Apply pep talk, and gather rewards!

Have you supported a nervous bride on her wedding day? Share your experiences below.

Notre Dame Star Manti Te'o's Real Ex-Girlfriend Speaks Out





By Meghan Fitzgerald

The Manti Te'o [girlfriend](#) hoax story has been constantly in the news since [Deadspin](#) released the first article reporting the entire [relationship](#) was bologna. Te'o's ex-girlfriend Alexandra del Pilar is a Junior at a Notre Dame sister school who says nothing but kind words about Te'o. According to [People](#), she states that he is kind and gentle, and loved Lennay Kekua. When Te'o called Pilar to tell the [truth](#) about the h0ax, she couldn't believe it. She still believes that he had nothing to do with the 'catfishing' scenario and genuinely loved Kekua.

What are some ways to stand up for your partner in the face of controversy?

Cupid's Advice:

There will always come a time when your partner will be in trouble and it is necessary for you to stand up for them no matter the circumstance. In the face of controversy, it is challenging to know what steps to take. Fortunately, once you love someone, you will do anything possible to help them out. Here are some ways to stand up for your partner:

1. Tell the truth: Telling lies in the midst of controversy is never a great idea. When you are standing up for your partner,

simply tell the truth. Even if the truth isn't flattering for your [partner](#) , it is essential that you speak wisely and honestly. People will respect that you told the truth; even if it's in the face of controversy, it's honest.

2. Express love: *The Beatles* said "All you Need is Love," which is entirely true! By expressing your love for your partner, you are showing the world that even though they may express deviant behavior, you will always be on their side. This is also key for your partner, as they will know how much you truly [love](#) them.

3. Fight on: When your partner is facing an issue, it is best to put on your suit of armor and fight on. There will be a lot thrown at you that you will not like, but you have to realize that you and your partner will inevitably get through this speed bump in your [relationship](#).

Have you ever stood up for your partner in the face of controversy? Share below!

Find Out About Kelly Osbourne's Secret Engagement to Matthew Mosshart





By [Nic Baird](#)

Kelly Osbourne and boyfriend Matthew Mosshart got [engaged](#) a few weeks before Christmas, a source for [UsMagazine.com](#) said. The quiet proposal came after a year of dating, and the couple is “really excited,” according to the source. Osbourne and Mosshart met at Kate Moss’ [wedding](#) in July 2011, and first stepped out in public in Dec. 2011, kissing on the streets of New York. “I’m in love and I don’t care who knows about it!” Osbourne tweeted last June.

What are some advantages to keeping your engagement under wraps at first?

Cupid’s Advice:

You shouldn’t have to hide your love, but sometimes stealth and caution are necessary. Eventually, you’ll move past your secret, unless you plan to elope. In the meantime, here are some advantages for being [engaged](#) on the sly:

1. Timing: If there’s been a recent engagement within your social group, it’s good form to allow a month or two for this couple’s spotlight. Maybe an important marriage is on the horizon, or one of your family’s is preoccupied with another matter. You can’t wait forever, but giving a bit of consideration by waiting for the right time is a classy move

for you and your fiancé(e).

2. Planning time: Most importantly, your [fiancée](#) has to know that you're trying to keep this between the two of you. Otherwise, they'll have no reservations telling their friends and introducing themselves as your future spouse. The obvious benefit of caution is being ready for all your marriage logistics. If you need time to decide on a date, location, finances, etc. then don't make things harder for yourselves.

3. One announcement: It can be strenuously tempting to reveal your hidden [flame](#) to a close family member, or friend. If you decide to start confesing, others will wonder why they weren't told. Instead, telling everyone at the same time will avoid close friends or family feeling excluded. Make sure to reflect on the consequences before spilling your guts. Loose lips sink ships.

Why would you keep an engagement under wraps? Share your comments below!

'Bachelor' Alumna Helene Eksterowicz Is Engaged!





By [Nic Baird](#)

The Bachelor's winning competitor, Helene Eksterowicz, is once again [engaged](#) since splitting from season two bachelor Aaron Buerge five weeks after his TV proposal, [People](#) reports. Esterowicz, a middle school psychologist, found love with Andrew Goodman, a senior technology consultant for IBM who Eskterowicz has been [dating](#) for a year and a half. His surprise proposal came during a birthday trip to Poconos for Eskterowicz last weekend. "We are very happy about planning our future together," she said.

How do you get passed a broken engagement to trust again?

Cupid's Advice:

Don't let your baggage weigh you down from developing meaningful relationships. Be patient, but most of all, be happy. Better to have loved and lost, there's [plenty of fish](#) in the sea, etc. Any phrase really that will convince you to move on and stop wasting your time.

1. Look forward: You may have seen some sort of closure with [marriage](#) to your ex, and the prospect of an exciting new chapter in your life. While details of this fabulous future will certainly be different, don't doubt that it's going to happen. Make plans and set goals. If you were hoping to find

the love of your life, you haven't lost your shot. It's just time to make priorities for yourself.

2. Be optimistic: Easier said than done, but if you're heading for a rut, make sure you start warming your heart. Spend lots of time with friends and family and convince yourself that there are still relationships of trust out there. The fact that your engagement is over doesn't mean there won't be other chances.

3. Be confident: When a long relationship ends , you can feel tricked, and betrayed by a person of special importance. Sometimes there is no good reason, or sensible explanation, why events didn't lead you and your partner to [marriage](#). No matter what they said or did to break your heart, your ex is just one person among billions. Don't believe you don't deserve a relationship of trust, depth, and sincerity.

How have you moved past a broken engagement? Share your experiences below!

Shakira Welcomes a Baby Boy





By [Nic Baird](#)

Shakira and Gerard Piqué announced the [birth of their son](#) Milan Piqué Mebarak, Jan. 22, on [Shakira's website](#), reports [People](#). The post explained the name Milan (pronounced MEE-lahn) means dear, loving, gracious, and eager. The [newborn](#) weighed 6 lbs., 6 oz, and the hospital reports both mother and child are in excellent health. "I'd like to ask you all to accompany me in your prayers on this very important day of my life," Shakira tweeted earlier in the day.

What are some ways to choose a meaningful baby name with your partner?

Cupid's Advice:

You don't need a line from Shakespeare to realize your child will be able to live with whatever name you throw their way. You and your [partner](#) should decide together on a name. The process of naming your baby is emotional, and deserves all the significance you give it:

1. Name books: Even if just for inspiration, or to explore the different cultural options, name books can be a helpful way to get started. It's a helpful way to remind yourself of promising name choices that might have slipped your mind. Discuss the ones you like with your significant other.

2. Traditional choices: Consider naming your [child](#) after a member of your family. It can be a meaningful way to symbolize the unity and [love](#) you all share. It can also be traditional to give your baby a name with religious significance. Just make sure it speaks to you and your partner personally.

3. Mutual enthusiasm: While most every name has some significance, meaning, or at least a history, you and your partner should pick a name you both enjoy above all else. Give every suggestion some thought, but don't make any hasty suggestions. If you both find ones that feels right, then that's good enough.

What are some ways to choose a baby name? Share your comments below!

Prince Harry Says He's 'Thrilled' About Royal Pregnancy





By Meghan Fitzgerald

[People](#) reports that Prince Harry is ecstatic to come home and be an uncle after returning from the war. Kate Middleton and Prince William are expecting their first [child](#) in July. With humor, Prince Harry stated that it is “about time” for the [love](#) birds to have a child. Although Prince Harry is ‘thrilled,’ he also explains to [Hollywood Life](#) that he doesn’t find it fair for the couple to force their [pregnancy](#) news. Harry is looking for ‘the one’ ... someone who isn’t frightened by the royalty.

What are some ways to support your pregnant friend or relative?

Cupid’s Advice:

It is necessary to show your pregnant friends and relatives that you are there for them. No matter the circumstance, it is essential to let them know you are ready to help them out. Here are some other ways to support them:

1. Allow them time alone: Although your [pregnant](#) friend or relative may want you around to assist with baby showers, or do obscure food runs, or just simply be around. It is necessary to give them some time for themselves, let them take a deep breath and relax. A huge way to support them would be

to set up a hot bubble bath with a cup of tea and let their emotions fade out.

2. Help with the baby shower: Being pregnant is not always easy. With doctors appointments, constant belly rubs, possible active work, a baby shower seems impossible. Most mothers are ecstatic to celebrate their [baby](#) on the way with a shower. To support your friend or relative, help them with the planning and organization of the shower. Help make invitations, or gather food together. You could also put together a trivia game, or find a venue for the shower. This takes a toll off the mothers' shoulders.

3. Offer them a foot massage: Yes you may be opposed to this however, think of all the weight and stress that [mother](#) is putting on her feet. A foot massage would allow them to unwind, relieve some stress, and give you a few extra bonus points.

Have ways to support? Explain below.

The Bachelor: Lesley M. Breaks Record for the Show's Longest Kiss





By Meghan Fitzgerald

We're only three weeks into the current season of *The Bachelor*, and tensions are already high. It seems as if one lucky contestant, Lesley M., made *Bachelor*, Sean Lowe, want more after their initial meeting. Lowe toured Lesley to the Guinness World Records Museum. As the tour approached its end, Chris Harrison popped out of nowhere and explained the point of the date. According to UsMagazine.com, the two love birds would kiss on screen for 3 minutes and 16 seconds. Huffintgton Post reports that the couple enjoyed a rooftop dinner after.

How can a kiss help you determine if your partner's 'the one'?

Cupid's Advice:

It is always challenging to determine if your partner is 'the one' or not, and the kiss you two share is a telling factor. The kiss should emit fireworks! Cupid has some other ways a kiss can help you determine if your partner's 'the one':

1. Butterflies: Butterflies are relatively self explanatory. You either feel them, or you don't feel them. The butterflies felt vary from person to person however, if you get the ultimate feeling of flurries in your stomach when you're with your partner, it is easier to determine. Having butterflies

with your partner makes it easier to know that their 'the one.'

2. You feel "it": This can also relate to butterflies however, when you kiss, you just know they're 'the one.' You automatically know that your partner is the only one who "gets you." The only person you want to wake up to. The one person you can share everything with. When you kiss, you simply just feel "it."

3. They lifts up your chin: Although this may seem like a small gesture, it means a lot. When your partner lifts up your chin to kiss you, it shows that they want to gaze into your eyes. It shows you how much they truly care for you and possibly love you. It shows that they're gentle yet romantic. It shows that they just may be 'the one.'

How does kissing help you determine how much you like someone? Share your thoughts below.

Country Star Brantley Gilbert and Jana Kramer are Engaged





By Meghan Fitzgerald

This birthday, Brantley Gilbert received a present from the love of his life, Jana Kramer ... a “yes” to his proposal! Gilbert proposed to Kramer in Nashville at the historic Ryman Auditorium Theater, after asking her mother for permission. The couple has been dating a year, and according to [People](#), it meant a lot to Kramer that Gilbert asked permission first. According to *Great American Country*, the dynamic duo are both nominated for this year’s Top New Artist for the ACM Awards.

How do you ask a parents’ permission for your partner’s hand in marriage?

Cupid’s Advice:

Marriage is challenging no matter the circumstances and asking a parent’s permission for your partner’s hand in marriage is even more challenging. You need strict courage and bravery to fess up your feelings for your partner and ask to marry them. It’s not easy, but with these steps you should be on your way down the aisle:

1. Talk to your partner first: It is ideal to make sure your partner is also on board to hitch up together and fully commit to the marriage scene. The conversation does not need to be in depth however, it should clarify that your partner feels the

same way. This is necessary for which, you don't want to get their parents' permission and have your partner turn your down.

2. Get to know the parents: Before you delve into asking your partner's parents for their permission to marry their child, you should know them. Knowing your partner's parents makes it easier to sit down with them. It is also easier because a relationship is already established and you may not seem as nervous or fearful if you didn't know them.

3. Express your wishes: It may work best for you if you express your feelings for your partner, this makes their parents know how much you care for them and how much you're willing to do for them. Next, it is necessary to tell their parents that you wish to marry their child and would like their permission. Ask kindly for their blessing and hope that they say yes!

Did you ask your partner's parent's permission for marriage? Comment below.

'American Idol' Star Danny Gokey Welcomes a Baby Boy





By [Nic Baird](#)

American Idol season eight finalist and [wife](#) Leyicet had their first child on Sunday, [People](#) reports. The [newborn](#) boy, Daniel Emmanuel Gokey, weighed 8 lbs. 11 oz. and arrived at 9:52 p.m. EST. “Leyicet and I are overjoyed to welcome the new member of our family. I’m ecstatic to be a first time dad and to have a new little buddy to hang out with,” Gokey said.

How do you decide how to long to wait to have a child after marriage?

Cupid’s Advice:

[Marriage](#) is a new dynamic and a new identity for your relationship. As you figure it out, realize that having a child means more change as well. Take time to appreciate what you have, but be optimistic about the future. If you’ve always wanted a family, don’t be afraid to pursue that goal!

1. Relationship stability: When it comes to making the committment of a child, you have to make sure you’re both ready take this next step. Make sure neither of you have any serious problems that must be addressed before starting a family. A developing child will greatly benefit from the strength of you’ve already built as a couple. is now physically represented by your offspring. Procreating and

raising a child is the most tangible purpose human beings can find. Make sure the [love](#) is there.

2. Ready to change: It'll be hard to adjust. You'll no longer simply be a couple, but a family. This will influence your career, friendships, and any future relationships. Your partner is now cemented with a fixed level of importance as the co-parent of your child. This shift is a major escalation of your relationship. Realize this new dynamic must change your [relationship](#), but find stability in the aspects that stay the same.

3. Prepare yourself: Having a child will really test how you've developed time management, responsibility, and determination. Keep in mind that you and your partner are caring for this child as a team. Make sure you consider how to manage a child in your life and what compromises you'll have to make.

When do you think it's time to have a child? Share your comments below!

Selena Gomez Opens Up on Life After Justin Bieber Split





By [Nic Baird](#)

Selena Gomez made several references to [moving on](#) from a [breakup](#) during a private UNICEF benefit concert on Jan. 19, according to a [People](#) source who attended the event. Gomez performed an acoustic cover of Justin Timberlake's "Cry Me a River," which recent [ex](#) Justin Bieber had done in concert a few months before. She "seemed so angry" during the song, the source reports. Gomez told the crowd that she'd "been through a lot the past few months. It's been weird and sad and cool."

How do you move on from a bad breakup?

Cupid's Advice:

Even if you're still balling from a fresh [breakup](#), have hope! Your feelings will settle and things will get better. Life's not over and there's many more worthwhile connections to make. First of all though, you have to move on! Here's how:

- 1. Understand your feelings:** The [end of a relationship](#) can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about with friends and family helps you sort things out. Listen to some music and use it as a catalyst for your thoughts. Make sure to move towards closure, but don't shy away from your emotions.

2. Find perspective: Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting [dumped](#). Ask Taylor Swift, she'll tell you! No doubt the effect of a personal tragedy like a significant breakup can't be belittled, but, really, these things happen. Will you persevere despite this undeserved hit?

3. Live life: Go out and enjoy life as a single person. It can be a fantastic experience. You can be whoever you want and act with spontaneity Put more into your life, and you'll get more out of it. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything else that raises your interest. Spend your time wisely, even if you suddenly have much more on your hands.

How have you moved on from a broken heart? Share your experiences below!

Is Bethenny Franke Dating a New Man?





By [Nic Baird](#)

Hedge fund mogul Warren Lichtenstein has been helping Bethenny Frankel during her [divorce](#) with Jason Hoppy, [People](#) reports. She stayed at the billionaire's Manhattan home for one night with her 2-year-old, Bryn, while he was away, according to a *Daily Mail* source. The publication also reports that Hoppy is still living in the former [couple](#)'s Tribeca loft.

What are some ways to know it's time to enter the dating scene after divorce?

Cupid's Advice:

The sense of loss and [loneliness](#) that washes in [post-breakup](#) can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

1. You've moved on from your ex: You have to accept your ex-spouse is no longer part of your life. It's hard to identify yourself now as single. Don't weigh yourself down with the lingering feelings of the past. You can only find love again once you've moved on. Otherwise, you could risk sabotaging future relationships.

2. You've found strength independently: Your sense of worth

and purpose are being challenged by this recent breakup, don't let it dominate your self worth. If you've put more into your life, and that void has started to close up, maybe it's time to get back in the [dating](#) game.

3. You've developed other relationships: If you've formed a community of support out of friends and family, then it becomes a lot less intimidating to [play the field](#). Rely on those connections you already have as you look for a new partner. You shouldn't have to rely on finding romance to be happy with your other relationships.

How did you know it was time to date again after a split? Share your experiences below.

Daniel Radcliffe Puts the Moves on Costar Erin Darke at Sundance Film Festival





By [Michelle Danzig](#)

[UsMagazine.com](#) reports that Daniel Radcliffe and Erin Darke looked extra cosy at the Sundance Film Festival in Park City, Utah on Friday, January 18. After appearing [affectionate](#) most of the night, Darke was seen with her hand on Radcliffe's knee at their VIP table. The *Harry Potter* star took part in even more PDA when he left the venue with his *Kill Your Darlings* costar. According to a source, the two are quietly dating in New York. [Radcliffe](#) spoke with *Us* at the *Kill Your Darlings* premiere on Saturday. Avoiding questions about his alleged relationship with Darke, Radcliffe was strictly business.

How do you show you're interested in someone without telling them in words?

Cupid's Advice

Even with so many forms of communication today, it may still be difficult to tell someone you are interested. If you are having trouble finding the perfect words to say, why not try [communication](#) with your body. Certain types of body language are indicative of interest. Find out below how you can use these ways to communicate your interest without telling them verbally:

1. Lean in: One of the best ways to show someone that you are interested in them is by leaning closer to them. As humans, our natural body language points towards the person that we are interested in.

2. Don't be afraid to touch: Obviously this has limits, but there is a certain power in touch. Occasionally reach over and touch your [date's](#) arm or lean your head on their shoulder during a good laugh. The other person will be more likely to notice your desire to make a connection.

3. Look them in the eye: Eye contact is a strong signal of interest. It's a direct sign of where his/her attention lies. Try glancing at your love interest from across the room or, when in conversation, look them directly in the eye.

How do you use non-verbal communication to show someone that you like them? Share your ideas below.

The Bachelor 17, Episode 3: The Good, The Bad and The Ugly





By Jared Sais and

Erika Nitz

The Bachelor was action-packed and filled with a lot of underlying emotions that presented themselves nonverbally. No clear winner is coming out of the pack just yet, but let's touch on the the good, the bad and the ugly of last night's episode...

The Good

Lesley M.

Sean looks at Lesley like she's the eighth Wonder of the World, and they are definitely hitting it off. After all, their first kiss broke the Guinness record for the longest on-camera kiss. It started out cute with both of them blushing and smirking a lot, but it quickly became awkward. Leslie's hand in the middle of his chest seemed to have a slight hint of "pushing away." There was no real emotion, which is to be expected when you have a large audience cheering for you.

Their second kiss made up in emotion what the first one lacked. While rubbing Sean's head (her favorite move), her entire body and legs are fully facing her guy. This girl is falling hard! That second kiss could have easily escalated into something more.

Remember that important things get held close to the body. When Lesley and Sean kissed on the rooftop, she had a tight grasp on Sean but a light grasp on the rose, as it's tilted away from her. This indicates that Lesley's priority is the man and *not* the rose.

On a psychological note, it's worth pointing out that Lesley has a lot of similarities with Emily Maynard, who dumped Sean in season eight of *The Bachelorette*. It will be interesting to see if he picks someone similar to a woman who rejected him in the past.

AshLee

When Sean is truly happy, his veins show above his eyes and on his forehead. If you don't see them, he's putting on a show. During Sean's interaction with AshLee, this was happening constantly, and he can't stop smiling when they're together. What does that mean? It means Sean had a *really* good time with AshLee, and Lesley M. might have some serious competition. No way of telling if AshLee is The One yet, but she is getting a lot of positive non-verbal cues from Sean.

Related Link: [Host Chris Harrison Says New 'Bachelor' Sean Lowe Is "So Sincere"](#)

The Bad

Desiree

Desiree called out Amanda, and a lot was revealed in the fight for the rose. It is clear that having a rose is more important to Amanda than having Sean. In this scenario, however, Desiree is the bad one. Even though she got Sean's last rose, there is something a bit off about Desiree. When talking to Sean, she gives weird looks and has a creepy tone to her voice. Sean, beware! You might want to steer clear...that is unless you like your women a little bit crazy (see Lindsay below).

The Ugly

Kacie

Kacie went from golden girl to bottom of the barrel in one conversation. She would have had the upper hand, landing in the top five, if it wasn't for the story she had shared with Sean. When Kacie told him about the drama between Desiree and Amanda, she unknowingly removed her halo and associated herself with the negativity of the other two ladies. In the past, blameless bearers of bad news were forever associated with the messages they reported. The origins of the age old phrase "don't shoot the messenger!" came about because of this negative psychological association.

Related Link: [The Bachelor 17, Episode 2: Love or Lies?](#)

Lindsay

Kacie's unintentional downgrade of herself as well as Desiree and Amanda left Lindsay unscathed. Subsequently, she received the rose on the group date.

Dear, sweet, and slightly crazy Lindsay showed up on the first night in a wedding dress and regularly brings up marriage in conversation. The average person would run for the hills in this scenario, but Sean seems to be sticking around, leaving us to think that he might like his girls a little too close to the deep end.

It's a good thing that *The Bachelor* series allows Sean to have multiple dates. A girl can only hide her true self for a short period of time before cracks start to appear. Between Lindsay, Kacie and Desiree, the plot thickens as true colors begin to emerge.

On a final note, Sean is playing his own psychological game. For example, while AshLee was sharing a deeply emotional story about her adoption with him, he chimed in with a perfectly

timed comment about how he would like to adopt. Additionally, in one moment, we'll hear him say, "I could be falling for her," and in the very next moment, he's kissing a different girl. Sean is toying with these women and showing that the person who's playing the game of *The Bachelor* the best...is the bachelor himself!

Jared Sais is co-author of the website The Non-Verbal Game along with Passport To Love TV Host Erika Nitz. He is an expert in nonverbal communications, body language and micro-expressions as they relate to life and love. For more information and to download a free PDF of the speech they gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

'Big Brother' Alums Daniele Donato and Dominic Briones Get Married





By Michelle Danzig

A little over a year and a half after filming CBS's *Big Brother 13*, contestants Daniele Donato and Dominic Briones tied the knot in a bohemian-style wedding on Saturday. According to [People](#), the couple wed at the Newland House Museum in Huntington Beach, Calif. Donato told *People* that even though she did not like Briones when they first met, but after the finale the two were inseparable. Briones said that, because the two both love penguins, he decided to propose during an arranged, private tour of the penguin exhibit at the St. Louis Zoo. Although Donato did mention what she liked and didn't like in a ring, Briones chose the solitary diamond with a half bezel set all on his own.

What are some ways to incorporate your partner's interests in your proposal?

Cupid's Pulse

The proposal is a story that a woman will remember—and never stop telling—for the rest of her life. But what makes a marriage proposal truly personal? Future grooms may panic when trying to find the perfect way to propose. Here are some ways you can incorporate your partners interest into your proposal so you can find the perfect way to pop the questions:

1. The ring: Not only will she be wearing this important piece of jewelry for the rest of her life, but you will also have to look at it. Pay attention to the types and styles of jewelry that your significant other consistently wears. Then, ask around to find out what she likes—sisters and friends are a good place to start. Think about a unique thing about her that you love and choose a ring that reminds you of her.

2. The venue: Think about all of the places that your spouse loves to visit. Maybe in her spare time she goes to the library and reads alone or maybe she sits on the dock and quietly thinks. Even if you don't enjoy doing these activities or visiting these places together, choosing something close to her heart may resonate more during the proposal.

3. The question: Now the important part. There are many ways to incorporate your significant other's interests into the way you ask the question. If your future-spouse likes music, try singing to her. If she likes poetry, write a poem for her.

How did you incorporate your partner's interests when you popped the question? Share your experiences below.

Michelle Kwan Ties the Knot with Clay Pell





By Michelle Danzig

On January 19, Michelle Kwan and Clay Pell spoke their vows while playing the song that Kwan skated to in the 2002 Salt Lake City Winter Games, according to [People](#). The melody, “Fields of Gold” signaled a new beginning for the nine-time U.S. national figure skating champion and five-time world champion olympic skater. Pell, 31, who is the director for strategic planning on the National Security staff at the White House, tied the knot with Kwan, 32, at the First Unitarian Church of Providence, R.I. Pell donned his full U.S. Coast Guard uniform and Kwan wore a Vera Wang gown in ivory. The couple shared self-written vows before 240 family and friends, among whom included Olympic champions Brian Boitano, Dick Button and Dorothy Hamill. The two were so moved, they even shared a kiss before the end of the ceremony. Kwan is now a senior advisor for public diplomacy and public affairs and told *People* that, although she doesn’t believe in love at first site, she knew that Clay was the ‘one.’

What are the benefits to writing your own vows for your wedding?

Cupid’s Advice:

While many prefer to reiterate the traditional wedding vows,

many have adopted the idea of writing their own wedding vows. Although this may be a more modern concept and not quickly accepted, there are some excellent benefits to writing and speaking your own vows at the wedding:

1. It is personal: Reiterating the traditional vows is beautiful and timeless, but doesn't always completely reflect the couple's relationship. By expressing exactly what made you fall in love with your significant other, or how you knew he or she was the one, you are creating a more personal and intimate ceremony.

2. It makes your wedding unique: No two wedding ceremonies are the same when the vows are created specifically for and by the couple. Maybe you include an inside joke or a favorite song; by writing from the heart, you are creating a ceremony that is unique to your and your future-spouse.

3. Your vows are more concrete: If you and your spouse went to different lengths to create the most intimate and personal vows, chances are they are aspects and characteristics of your relationship that you both value. Stating specific vows—even as specific as always vowing to kiss them everyday—will give them more meaning.

Did you write your own vows? Tell us below.

Kim Kardashian Says She Would Love to Be Divorced



By Meghan Fitzgerald

Kim Kardashian wishes to be legally single again. She wants to commit herself to her current boyfriend and baby daddy-to-be Kanye West. According to [People](#), Kardashian is done with all of the rumors and wants to settle down in life with someone who is worth her love. Her retort to rumors that her marriage to Kris Humphries was all for press is, "...that staying married for the sake of the public's opinion is what *really* would have been fraudulent," according to [Hollywood Life](#).

What are some reasons to start dating before your divorce is finalized?

Cupid's Advice:

1. Love: Love is love. You can't stop the movement of love upon another person. Love is strong gust of wind that comes in unexpectedly and is only embraced, never pushed away. Even though the divorce may not be finalized, you shouldn't be penalized for falling in a deeper love than your soon to be ex-husband. If you believe that you love another person, don't

wait until the divorce is finalized, don't lose that person by waiting. Go for it.

2. Rough divorce: Experiencing a turbulent divorce can take a heavy toll on a women. Their vulnerability is high, their confidence is low, they're looking for someone to treat them better than their ex did. Trying to rid them self of these horrendous feelings, it is okay to jump in and start dating again. You need to find a sense of hope and love in the world because your life lacks both of the two. So don't feel bad to try ad find love again, you deserve it.

3. Emotions: Your emotions are most likely scattered if you are going through a divorce, whether it was a rough divorce or not. Dating again will inevitably settle out the mixed feelings.

What do you think about dating before a divorce is finalized? Share your thoughts below.

Kara DioGuardio Prepares to Welcome a Baby Boy





By Meghan Fitzgerald

Kara DioGuardio, Grammy nominated songwriter has confirmed that she and husband Mike McCuddy will welcome a baby boy via gestational surrogate in the weeks to come, according to [People](#). DioGuardio suffered numerous fertility issues and multiple failed IVF attempts over the past few years. Recently, she mentioned that she would love to become a mother, but isn't rushing anything. The pair decided to try something different with a surrogate (a friend of the couple), and it worked!

What are the benefits of using a surrogate to carry your child?

Cupid's Advice:

When it comes to fertility issues in women, surrogates are an exceptional option. To become a mother is an aspect of life that most women dream of. Not being able to have a baby is one of the most frustrating and heartbreaking events in a woman's life. Here are some benefits to welcome a child via surrogate:

1. Ability to have a child: For those women who are incapable of having a child, surrogates are an essential part of their happiness. With the option of a surrogate, women are given a sense of hope that they will be able to mother a child.

2. Sustain body image: Although it may seem selfish and in a way precocious, but a women will be able to maintain their figure and have a child at the same time. Women will be able to raise their child given from the surrogate and won't have to worry about getting back in their shape.

3. Same-sex couples: Homosexual men and women are given the opportunity to have a child with surrogates.

What is your opinion of surrogates? Share your thoughts below.

Find Out the Truth Behind Britney Spears' Split with Jason Trawick



By Meghan Fitzgerald

The rumor mill has been turning when it comes to the truth about Britney Spears and Jason Trawick's breakup. January 11th was a sad day for love, as a rep for the two stated to [Life and Style Magazine](#), "Britney Spears and Jason Trawick have mutually agreed to end their one-year engagement. As two mature adults, they came to the difficult decision to go their separate ways while continuing to remain friends." According to [Hollyscoop](#), Spears' father did not play a part in the split between the two celebs. Both Trawick and Spears insist they will remain great friends.

What are some red flags in a relationship?

Cupid's Advice:

1. Distance: It is never a positive aspect of a relationship when you don't feel as close to the person you spend all your time with. The red flag should be thrown up when you do not feel a strong connection to your partner because the distance between the two of you has been excessive. This distance does not always have to mean physical distance between the two of you however, an emotional distance can loom even from being together. You need to confront your partner and discuss the distance you feel amongst the two of you. Once that distance is felt, your possible love and future plans may be jeopardized, so make sure to throw the flag!

2. Secret phone calls: In relationships, one of the persons involved tend to become a bit paranoid or nervous, constantly thinking the other is cheating. When secret phone calls come in, you better throw that red flag darling. That person needs to be called out on their constant mysterious phone calls. Put aside all assumptions that you're crazy, or there is nothing going on because he is "perfect." Wouldn't you rather find out sooner than later if the person on the other side of the secret phone calls was another woman? If your beloved partner goes outside or into the bathroom for a "work call," throw the

flag up. Don't risk it.

3. Unresolved fights: The worst types of fights are not the explosive, unbearable, destructive ones. Rather, the ones that get put aside to the next day and are never touched on again. When your significant other wants to talk about it tomorrow, throw up the flag sweetie. If your partner wants to be with you, they should have to fight for you also. Which means fighting even when they don't want to.

When have you thrown up the red flag? Explain below!

Kim Kardashian and Kate Middleton Are Both Expecting in July



By Nic Baird

Kim Kardashian and Kate Middleton each revealed this week that they are due to have their first child in July, UsMagazine.com reports. The Duchess of Cambridge revealed the news on Monday, while Kardashian shared her due date on the *Today* show on Tuesday. Kardashian has faced criticism over her pregnancy with boyfriend Kanye West, despite being still legally married to Kris Humphries, though she filed for divorce in 2011.

How do you keep your pregnancy under wraps at first?

Cupid's Advice:

Maybe you haven't figured out all the details of your pregnancy and birth, or maybe you're not ready to announce it to the world, but whatever the reason you have a right to keep your affairs to yourself. Make sure that you're doing it for the right reasons, and never shy away from confronting your long term plan. Otherwise, complications will keep building up!

1. Trust someone: If you think your relationship is too rocky, find a friend or a family member, but don't try and keep this a secret by yourself. This is a crucial time when you need support in your life, don't be a lone wolf. Two heads are better than one, so find another.

2. Focus on yourself: Sports, exercise, art, music, new skills, new projects, and anything that is healthy to do in your condition. Research how you can be healthier as a pregnant woman, and find the knowledge you'll need as the child develops. Take up your time with these productive ventures and you'll have a way to acknowledge your secret without sharing it.

3. Camouflage: Actively trying to hide something takes work. Make sure you have excuses for any pregnant behaviour, like sickness, appetite, or energy. Obviously your wardrobe will have to simultaneously conceal your pregnancy without drawing

attention to your stylistic choices. Again, having a friend for a second opinion could help a lot!

What are ways to keep your pregnancy hush-hush? Share your comments below!